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HEALTHY FAT
 COMPLEMENT SALMON
 WITH EARTHY FLAVOUR
 OF SHIITAKE (page 12)



SECOND SHOT?

UFC'S HOMINICK WANTS TO FIGHT IN TORONTO AGAIN

{page 2}



LONDON

metro®

Thursday, August 4, 2011
 www.metronews.ca



News worth sharing.

Marvelous.
 Miranda



► Supermodel Miranda Kerr showcases designs during the finale of Australian fashion chain David Jones' spring/summer 2011 season launch at Moore Park yesterday in Sydney.

LISA MAREE WILLIAMS/GETTY IMAGES

Falling for autumn looks, but it's still summer

As September approaches in North America, retailers have already begun to display more dressed-up, sophisticated styles. Some fashionistas may find it difficult to wear the best of both seasons, but a pretty chiffon blouse or short-sleeve knit dress can keep a summer outfit forward-looking. For more on style, see page 10.

Clay event breaking the mould

- Matter of Clay III will display the works of top potters from across Canada
- Exhibition is held every five years

Those attending Matter of Clay III expecting to see a clay-making exhibition reminiscent of the one between Demi Moore and Patrick Swayze in *Ghost* may be disappointed, but viewing ceramic works of art by some of the top potters in the county isn't a bad consolation prize.

"These are the elite ceramic artists," said Jonathon Bancroft-Snell, organizer of Matter of Clay. "If you were looking for a parallel, these would be the people that (are) equivalent to the Group of Seven — this is the elite of the Canadian ceramic world."

There were strict criteria to be considered for the show. Each prospective artist had to submit three works that had not been previously exhibited. With more than 100 artists in attendance at the Jonathon Bancroft-Snell Gallery (258 Dundas St.), it's apparent that Matter of Clay possesses a robust lineup.

"The gallery is the largest contemporary Canadian ceramic

"This is the most exciting ceramic event in decades."

JONATHON BANCROFT-SNELL, ORGANIZER

gallery," Bancroft-Snell said. "It's one of the largest galleries of its kind in North America."

The ceramic creations will be spread throughout the 4,500-square-foot space and exhibition attendees are encouraged to purchase works that intrigue them. Admittance is free.

The exhibition will be open to the public from Friday to Sept. 2

The gallery will be open Monday to Saturday from 10 a.m. to 6 p.m.

"Everything is for sale," Bancroft-Snell said. "The most inexpensive piece in the show is \$95. The most expensive piece in the show is \$13,000."

While the show will take place in west London, there will be a three-day workshop this weekend at the London Potter's Guild (664 Dundas St.) in east London, joining two segments of the city artistically. ● MIKE ARSENAULT



► Jonathon Bancroft-Snell

1

news



New theory blames 'big splat' for our not being able to gaze up at two moons each night. Scan code for story.

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On the web at metronews.ca



Oscar winner Russell Crowe in St. John's to film guest spot on CBC's Republic of Doyle. Video at metronews.ca

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New social funding boosts independence

- ▶ \$4.1 million given to Passport program and Social Services at Home
- ▶ Will help 242 people with developmental disabilities, their families

MIKE ARSENAULT/FOR METRO



▶ Jessica Maher and her father, Jim, listen to an announcement allocating funds to assist the developmentally disabled at the Community Services Coordination Network yesterday. Jessica attends Community Living London through the Passport program.



MIKE ARSENAULT
LONDON@METRONews.CA

A new funding initiative announced yesterday aims to support people with disabilities with daily-living and respite services that will help build independence and skill development.

"I knew if we supported (these) families, they could do a better job caring for their children," said London North MPP Deb Matthews at a news conference.

"They want nothing more than to have their kids at home where they are happiest — providing a little bit of relief for the

parents and care for the kids. I knew we could do better."

The funds for these programs are intended for developmentally disabled people over the age of 21 who can no longer attend school full-time.

The intention is to ensure they will be able to continue building life skills and to receive opportunities to interact with the community.

Jim Maher's daughter, 22-year-old Jessica, is involved with the Passport program, which allows her to attend Community Living London twice a week and engage in activities that get her involved in the area.

Social support



London North MPP Deb Matthews says family support offers parents some helpful relief.

"It helps (me) as a single parent to have her (able) to go to her access programs," Maher said.

"Without that funding,

▶ Social Services at Home provides personal growth, development and respite support for disabled people and their families.

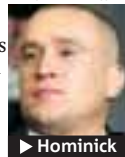
▶ The Passport program helps adults who have left school find ways to learn new skills and participate in the community.

▶ The \$4.1 million of funding is part of an additional \$40 million set aside by the province for developmental services.

life would be in the doldrums. It makes life more enjoyable when there are programs she can be involved in."

Hominick wants shot at UFC 140 in Toronto

THE CANADIAN PRESS FILE



If Mark Hominick has his way, we'll see him back in the octagon at UFC 140 in Toronto.

"More than likely, I'll be on that card because I know the UFC would be happy to have me on that card," he said yesterday after golfing at Cobble Hills. "I'm ready, willing and able for that date."

The UFC confirmed yesterday it would stage a mixed martial arts event Dec. 10 at the Air Canada Centre after the record-setting success of UFC 129 at Rogers Centre.

There were 55,724 fans there, and at the end of the featherweight title fight they stood cheering as Hominick rallied but came up short against Jose Aldo on April 30.

"This is a bit of a longer layoff than what I'm used to," Hominick said. "I feel I perform better when I'm fighting probably three or four times a year."

"But if I do fight in December, this will be my third fight of the year, so I'm on pace."

After UFC 129, Hominick said he fed off the energy of the crowd at Rogers Centre during his spirited bout, which was named fight of the night. Would it be a comedown to compete in the much smaller Air Canada Centre?

"You don't want to say anything till anything's signed. That's what I have to wait on. But I'm pushing to get on that card." MARK HOMINICK

"To tell you the truth, I think it would be louder in that venue," said Hominick, adding that it was too early to tell who an opponent might be in December.

"I think it's just the lay-out. I've been in Montreal when the Bell Centre's been sold out ... and it's louder than the Rogers Centre."

"Everyone's a little closer and it's a little bit more of a bowl." ● JIM REYNOLDS

July heat almost a record-breaker

24.1 C

The average temperature of the hottest London July on record is 24.1 C, back in 1955.

It looks like last month's scorching temperatures weren't enough to melt the record for the hottest July ever in London.

But this July will go down as the second hottest in the city, with an average temperature of 23.2 C.

We did break one weather record last month, how-

ever. When the mercury reached 36.4 C on July 21, it surpassed the record for that day set back in 1918.

Last month was also one of the driest in recent memory, with about 46.1 millimetres of rain, just more than half of the 82.2 mm normally seen in July.

During the past month,

the Middlesex London Health Unit issued a heat alert and the city a tree-watering alert and an open fire ban. Many sporting events were cancelled.

Typically, London gets about four days with temperatures above 30.5 C — last month, we had seven.

AM980/AM980.CA

Mubarak court proceedings begin

► About 50 supporters pounded the gate trying to gain access ► Some chanted, 'We love you, Mubarak'

An ailing 83-year-old Hosni Mubarak, lying ashen-faced on a hospital bed inside a metal defendants cage with his two sons standing protectively beside him in white prison uniforms, denied charges of corruption and complicity in the killing of protesters at the start of his trial yesterday.

The spectacle, aired live on state television, was a stunning moment for Egyptians. Many savoured the humiliation of the man who ruled for 29 years, during which opponents were tortured, corruption was rife and poverty widespread.

After widespread skepticism that Egypt's military rulers would allow one of their own — a former head of the air force — to be prosecuted in front of the world, the scene went a long way to satisfy one of the key demands that has united protesters since Feb. 11, when Mubarak fell following an 18-day uprising.

"This is the dream of

Egyptians, to see him like this, humiliated like he humiliated them for the last 30 years," said Ghada Ali, the mother of a 17-year-old girl in the city of Alexandria who was shot to death during the crackdown.

"I want to see their heart explode like my daughter's heart exploded from their single bullet," Ali said.

A prosecutor read the charges against Mubarak — that he was an accomplice along with his then-interior minister in the "intentional and premeditated murder of peaceful protesters" and that he and his sons received gifts from a prominent businessman in return for guaranteeing a lowered price in a state land deal.

"Yes, I am here," Mubarak said from his bed, raising his hand slightly when the judge asked him to identify himself and enter a plea. "I deny all these accusations completely," he said wagging his finger. His sons also pleaded not guilty.

THE ASSOCIATED PRESS



► This video image, taken from Egyptian State Television, shows 83-year-old former Egyptian president Hosni Mubarak laying on a hospital bed inside a cage of mesh and iron bars in a Cairo courtroom yesterday. The scene, shown live on Egypt's state TV, was Egyptians's first look at their former president since Feb. 10, the day before his fall when he gave a defiant speech refusing to resign.

Mubarak's life

Key dates in the life of Hosni Mubarak.

- May 4, 1928 — Born in the Nile Delta village of Kafr el-Moseilha.
- April 1975 — Chosen by President Anwar Sadat to be vice-president.
- June 26, 1995 — Survives an assassination attempt while visiting Ethiopia.
- Sept. 7, 2005 — First multi-candidate presidential election is held. Mubarak wins.
- Nov. 2010 — Parliamentary elections are held that opposition parties say are marred by fraud.
- Jan. 25, 2011 — Thousands of anti-government protesters in Cairo stage the biggest demonstrations in Egypt in years.
- Jan. 28, 2011 — protests rock Cairo and other cities. Mubarak orders the army out on the streets to restore order.
- July 14, 2011 — Denies responsibility for killing some 850 protesters by his security forces during Egypt's uprising.

Device attached to teen not explosive: Police

A suspicious device that had been attached to a Sydney teenage girl's neck contained no explosives and appeared to be part of an elaborate hoax, Australian police said Thursday (local time).

In a scene that could have been straight from a Hollywood thriller, bomb squad specialists worked for 10 horrifying hours to free 18-year-old Madeleine Pulver from a bomb-like device she said was chained to her neck by a

"I've been doing this job a long time and this is the first time I've come across anything like this."

MARK MURDOCH, POLICE OFFICIAL

man in disguise who entered her suburban Sydney home in the afternoon. She was not hurt, and officials managed to free her around midnight.

New South Wales state Police Assistant Commissioner Mark Murdoch said Thursday that specialists had determined the device contained no explosives. Murdoch said the man apparently had also left a threatening note in the house with specific demands that police would not describe.

"A very, very elaborate hoax as it turned out," Murdoch told reporters. "But it was made and certainly gave the appear-

ance of a legitimate improvised explosive device. We had to treat it seriously until we could prove otherwise and that's exactly what we did and that's why it took so long."

Murdoch said the device had been attached to the girl "by a chain or something similar," which took officers a long time to remove. He declined to describe the disguise the attacker wore.

The drama began on yesterday afternoon in the

upscale Sydney suburb of Mosman when Pulver's family contacted police saying their daughter had been attacked and there was a strange device attached to her. Bomb technicians, negotiators and detectives rushed to the scene. Nearby homes were evacuated, streets were closed and medical and fire crews waited nearby.

Police said they had no idea why Pulver was targeted, but they said the attack did not appear to be

random.

"I hardly think that the elaborate nature and sophistication of this device was the result of someone who picked on someone randomly," Murdoch said.

The family also was at a loss to explain the bizarre attack, he said.

"The offender went to a lot of trouble for a particular reason, but what that reason was, police are still working to determine," Murdoch said.

THE ASSOCIATED PRESS

Butt-free beach a success in France

A small town in Provence is attracting more vacationing families by turning a stretch of the seafloor into what it calls the first non-smoking beach in France.

Public compliance has surprised even the official who came up with the idea, deputy mayor for the environment, Noel Collura.

THE ASSOCIATED PRESS

UN declares more Somali famine areas

The United Nations has declared three new regions in Somalia famine zones, including the internally displaced communities in

the Somali capital Mogadishu.

The UN last month said that two regions in Somalia were suffering from famine.

The latest announcement has raised the number of official famine zones to five.

THE ASSOCIATED PRESS

Pat Buchanan says Obama slur accidental

Pat Buchanan says he didn't mean to slur U.S. President Barack Obama by referring to him as "your boy" during a discussion with Al Sharpton.

The former Republican

presidential candidate and current MSNBC analyst appeared on Morning Joe today to explain remarks he made on that network's Sharpton show 12 hours earlier. THE ASSOCIATED PRESS

No shady RATs here, agency says

- ▶ Canadian group denies it was hit by cyber-attacks
- ▶ McAfee report says anyone can fall prey to hacking

The World Anti-Doping Agency says it "has yet to be convinced" that it was one of four Canadian operations targeted in an international hacking scam.

Security firm McAfee named the Montreal-based agency in a report released yesterday, saying its systems were compromised for 14 months starting in August 2009.

McAfee dubbed the hacker scheme Operation Shady RAT, with RAT being a common acronym in the computer industry meaning Remote Access Tool.

The agency concedes there was a breach of its email servers in February 2008, but says it has no evi-

Market moment

TSX	Dollar
	
+ 63.71 (12,816.03)	- 0.25¢ (103.89¢ US)
Oil	Natural gas
	
- \$1.86 (\$91.93 US)	1,000 cu ft \$4.090 US (- 6.5¢) Gold \$1,666.30 US (+ \$21.80)

dence of other violations.

David Skillicorn of Queen's University says such skepticism illustrates a stark reality: Most organi-

zations don't know when they've been compromised. He says the McAfee report, which cited 72 intrusions worldwide from the same source over the past five years, was based on reliable research and is probably accurate.

McAfee also says two unidentified Canadian government agencies were targeted, the first in October 2009 for six months and the second in January 2010 for one month.

It says the governments of the U.S., Taiwan, India, South Korea and Vietnam were also on the target list, along with the IOC, the UN and many companies.

THE CANADIAN PRESS

Rough. Trade



▶ A trader works the floor of the New York Stock Exchange yesterday.

JIN LEE/THE ASSOCIATED PRESS

An ill wind blowing

Economic reports released yesterday showed fewer U.S. factory orders, a slowdown in the service industry, and rising supplies of crude and gasoline. The weakening U.S. economy seems to be driving home a message of lower consumption. Without strong consumer confidence to invigorate growth, there is mounting fear on Wall Street that the United States risks sliding into a long-term economic coma.

Deadline extended for TMX takeover

A consortium trying to take over the operator of the Toronto stock exchange is giving investors until Sept. 30 to decide whether they want to tender their shares. Maple Group Acquisition Corp. said yesterday that it is extending the deadline while it continues trying to get required approvals to purchase TMX Group Inc., and will further extend the deadline if necessary. Maple has said it expects securities regulators and the federal Competition Bureau to make a ruling by the fall. THE CANADIAN PRESS

\$3.8B

Maple Group is offering \$3.8 billion to acquire 70 to 80 per cent of the shares of TMX Group Inc.

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Responsible credit use helps newcomers attain independence

Heather Soares remembers teaching her daughters to be independent in their new Canadian surroundings. "When we realized the supermarket didn't offer bags or home delivery, the girls ran home for the luggage trolley," laughs Heather, who moved her two teenagers to Mississauga, Ontario from Pune, India.

Determined to build a future for her girls, Heather was hesitant to accept the guest room of a friend, or a credit card from her bank, since she wanted to avoid dependence. "I soon learned to accept help from good people, and that credit is part of life here," recalls Heather, who worked at a major bank in India where credit cards were not viewed favourably.

"I was ready to do anything, and soon realized that there were options available," adds Heather. She juggled a temporary job at a big box store alongside her eldest daughter, upgraded her skills at the Peel Mentoring Partnership for internationally trained professionals, and studied during her bus commute. Through ACCES, a program sponsored in part by Scotiabank, which assists job seekers new to Canada, Heather was able to write her Canadian Securities exam at no cost, and find a job at Scotiabank a year after arriving in Canada.

"It was wonderful for a bank to offer a credit card when no one would even rent you an apartment," notes Heather. She had herself benefited from the **Scotiabank StartRight®** Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits – when she moved to Canada.

"Now I know that it's important to obtain credit within three years of coming to Canada. First, because life is expensive, and because you must build a credit history to show you are responsible," remarks the Personal Banking Officer, who explains wise credit use to customers at the Scotiabank Sheridan Centre branch.

For example, she advises them to be mindful of interest rates, avoid carrying a balance and to make the minimum monthly payment on time, to preserve

their credit scores. She also helps them choose the right credit card features for their needs.

Heather also counsels immigrants about saving for their goals, like a new car or home ownership, by starting to save with higher-interest savings accounts and accessing government programs.

"I try to go the extra mile to help customers understand the services available to them," concludes Heather. "I've been in their shoes and I know one can achieve independence by talking to trusted advisers, doing research and helping yourself."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Heather Soares shares crucial financial lessons with her daughters, and with new Canadians who visit her branch.



Luz Galindo
Scotia advisor

"Luz helped open the door to my credit history in Canada"

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PARENTAL ADVISORY: CLOCK'S TICKING

HE SAYS ...

JOHN MAZEROLLE
METRO



For their summer vacation my parents have been visiting me in Toronto from Saint John, N.B., and so far I've had a lovely time taking them to restaurants, touring museums and preparing their eulogies. My parents are only 54, which is young for parents, but 54 is also the average temperature difference between the two cities. In Saint John, a beautiful morning is one where the fog will burn off in time for the evening commute, while in Toronto I've been known to chase refreshing breezes down the street, screaming at them to come back.

So my parents have been attempting to have a good time, largely successfully, despite melting like plastic

"When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on."

mild shock. My mother has a new knee problem that makes stairs seem like the equivalent of a military rope climb, and my dad's so farsighted now that he holds menus out in front of him like he's driving a go-kart.

They've become my canaries in the coal mine, essentially, telling me which things are going to fall apart on me first.

So I watch Mom and Dad with a blend of admiration and worry, the beginning of that role reversal families go through where eventually the kids are looking after the parents. I fret after every parental wince, as they did for me when I was a kid (presumably).

And as I write this sentence, I haven't heard from them in seven hours and don't understand why they haven't called. Don't they know I'm worried sick? What if they're lost on the streets of Toronto? They won't know what to do.

After all I've done for them.

When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on.

But before the role reversal happens, I also want to say thank you to them, not only because they've been my guides, my support and my friends, but also because I fully expect them to be dead by the end of the week.

Just remember, readers, that they were kind people, they were good people...

Read more of John Mazerolle's columns at metronews.ca/hesays



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metropolitanpanel.ca
and take the quick poll

Would you brave Edgewalk at Toronto's
CN Tower?

57%
YEP. EASY AS
PIE IN THE
SKY



42%
NOPE. CHICKENS
DON'T FLY FOR A
REASON

Letters

*RE: A particle of hope
amid tragedy, published
July 29.*

Mr. Sullivan, you write some pretty glib remarks in your editorials, but I believe your crass remark about Jack Layton as "the champagne socialist" has to be one of the most crass I've read.

Layton is leader of a social democratic party, not socialist. Your flippancy is really quite uncalled for at this time during serious illness.

PEGGY O'NEILL
EDMONTON

*RE: Hey — can I get your
number? published
August 2.*

Hi Jessica. You may be very interested in one man's enlightened opinion with respect to women, empowerment, sexuality and the whole "what is a respectable number" debate, including the whole notion of women being perceived as "sluts" for enjoying sex too much.

Look up Johnny Soporno's online web tutorial/videos on being a worthy playboy, where he discusses the societal psychology surrounding women's sexuality. Thanks for the great column today!

DAVID CORMICAN
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

One little peacock sitting on a wall...

A peacock with a sense of adventure — and a good sense of direction — has flown back home to New York's Central Park Zoo.

On Tuesday, humans flocked and tweeted as the peacock left the zoo for a

perch on a Fifth Avenue window ledge. It had good taste: A condo there reportedly sold for \$22.5 million in 2009.

Zookeepers predicted the handsome green and blue bird would make its way home — and it did just before 7 a.m. local time yesterday.

It's been a rebellious season in the city zoos. In March, an Egyptian cobra was found nearly a week after it went missing at the Bronx Zoo's Reptile House.

Two months later, a zoo peahen was recovered at a nearby auto-body shop.

THE ASSOCIATED PRESS

►The fly-away peacock



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2

scene

News in brief



Oprah Winfrey, James Earl Jones and makeup artist Dick Smith have been picked to receive honorary Oscars. The Academy of Motion Picture Arts and Sciences says the three will be honoured with Oscar statuettes at the Governors Awards in November.

THE ASSOCIATED PRESS



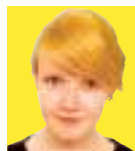
Gay and lesbian group supports diversity efforts at ABC Family. Scan code for more.

A chance to 'play in the street'

► Car Free Festival hits London again this weekend ► Music, games and patios highlight celebration

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



Londoners will take to the streets this weekend to celebrate another Car Free Festival, re-imagining public space and encompassing local colour and diversity.

Ryan Craven started the initiative last year — an idea that has since grown to include more than 20 events and organizations in London.

This summer has marked the regular presence of Car Free days on Dundas Street. One weekend of each month from June to September, organizers of the festival invite people to consider the environment, community and local economy and wander the car-free roads.

On Saturday (12 p.m. to 6 p.m.), honking horns and cloudy exhaust will be replaced by music stages, games and licensed patios, encouraging Londoners to spend the day downtown and outside.



► With no cars clogging up the road, isn't it a beautiful sight?

"It is a festive celebration and that's why it works," says Ryan Craven, organizer and mastermind behind Car Free.

"It's the other stuff that brings people, the music and games, and it's up to me as an organizer to get the attention of people who just come for a street festival, and try to get them thinking a little differently."

The festival highlights the benefits of environmentally conscious, sustainable transportation, while also working with local groups to promote different initiatives in the

Three cheers

► East Coast indie-rock musician and Juno winner Joel Plaskett is performing at the Grand Theatre tonight. The concert will include material off Plaskett's most recent album *Three*, a triple-disc release featuring tunes like *Wait, Wait, Wait* and *Gone, Gone, Gone*.

city. This week Car Free teamed up with the Cross Cultural Learning Centre to bring a focus toward the diversity in London.

That focus will be punctuated by performers, musicians and dancers taking one of three stages that will be built on Dundas Street.

"I'm really looking forward to the music," Craven says.

Performers include local instrumental group *Light of the East Ensemble*, Celtic-harp and percussion duo *Jennifer White* and *Robert McMaster* and Montreal-based *Salsa Descalza*, known for their high-energy shows.

In addition to music and dance, there will be activities encouraging a

healthy lifestyle. Drop-in volleyball and dodge-ball games will run throughout the day as well as a 75-foot long wheelchair obstacle course designed by the Paraplegic Association.

"Londoners are really in support of this initiative," says Craven. "There are quite a few walkers and bikers who would like to see changes but they are not united, so this is an opportunity to collect those desperate voices and focus them."

"Plus it's a chance to get outside and play in the street."

Plenty of Gemini noms to go around

The Toronto-set cop series *Flashpoint* and Jason Priestley's edgy dark comedy *Call Me Fitz* lead the nominees for Canada's top television awards.

CTV's cross-border hit *Flashpoint* is in line for 17 Gemini trophies, including an acting award for star *Enrico Colantoni*.

HBO Canada's *Call Me Fitz* nabbed 16 nods, including an acting nomination for former *Beverly Hills 90210* star Priestley.

The Academy of Canadian Cinema & Television announced the contenders yesterday morning, when it also showered some big-budget miniseries with multiple nominations.

History Television's *The*



► *Flashpoint*'s Enrico Colantoni is nominated for a Gemini award.

Kennedys and *The Movie Network* and *Movie Central's Pillars of the Earth* each scored 10 nods.

Meanwhile, Bravo's *papal drama The Borgias* nabbed eight.

MuchMusic's long-run-

Awards time

- The Gemini Awards will take place over three nights in Toronto beginning with non-televised industry bases on Aug. 30 and Aug. 31.
- They culminate with a televised gala Sept. 7, to be broadcast on CBC-TV.

ning teen soap *Degrassi* earned several nominations for a much-lauded season that drew Emmy attention and a Peabody Award earlier this year.

Three of its nominations are for a groundbreaking episode centred on a teen who was born female but lives life as a

male.

Other multiple nominees include TMN/Movie Central's *Living in Your Car* with 10 nods, CBC's *18 To Life* with seven, CBC's *Being Erica* with six, CBC's *The Tudors* with six and History Television's *Ice Pilots* with five.

Flashpoint is up for best dramatic series against Bravo's *The Borgias*, Showcase's *Endgame*, TMN's *Skins* and CBC's *The Tudors*.

Fitz faces off for best comedy against CBC's *22 Minutes*, TMN's *Good Dog*, CBC's *Halifax Comedy Fest 2010*, TMN's *Living in Your Car* and CBC's *Rick Mercer Report*.

THE CANADIAN PRESS

Glee star dishes on looks

Glee star Lea Michele is the first to admit she doesn't have the most conventional Hollywood look.

"I'm 5-foot-3. I don't look like a lot of other people, you know what I mean?" the 25-year-old actress tells Harper's Bazaar.

"How many managers told me, 'Get a nose job.



► Lea Michele

You're not pretty enough?" she says.

● METRO

Lautner buys new ride

Talk about an impulse purchase.

Twilight star Taylor Lautner was reportedly walking by a Mercedes Benz dealership in L.A. with his parents recently when he spotted a silver 2012 SLS AMG sports coupe — and simply had to have it, according to TMZ.

The 19-year-old actor dropped more than \$200,000 on the car and drove it off the lot the same day.

● METRO



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Winehouse had big plans for the future, says source

► Troubled singer wanted to marry, have children with boyfriend

Amy Winehouse had lots of plans for the future when her life came to an end last month.

Aside from her plans to adopt a young girl from St. Lucia, the tragic singer was reportedly planning to marry boyfriend Reg Traviss, according to the Sun.

"Amy was adamant about sorting herself out. Reg's proposal made her even more determined. She didn't want to carry on the way she was," a source says.

"She wanted nothing more than to be his wife and to start a family with him.

"She wanted to get rid of her demons so badly."

Winehouse, who had



► Amy Winehouse was determined to clean up her life, says a source.

struggled with drug and alcohol abuse, was found dead in her Camden, Lon-

don home on July 23.

An autopsy could not establish the cause of death.

Winehouse was 27 at the time of her death.

● METRO

Janet engaged

Janet Jackson is reportedly engaged to Qatari businessman and billionaire Wisam Al Mana — and has been for almost a year, according to Hollyscoop.

Sources say the secret proposal happened last year, but Jackson was in the middle of a tour and wasn't ready to go public with it yet.

"Janet's telling friends that an official engagement will come by summer's end, and that she and Wisam will marry in late 2011," says a source close to the singer.

● METRO



► Janet Jackson

Fawcett's son arrested for heroin possession

Redmond O'Neal, son of Ryan O'Neal and Farrah Fawcett, is in hot water again, having been arrested for heroin possession in Santa Monica, according to Radar Online.

Police sources say they witnessed O'Neal engaged in an argument at a store. After the argument, he

got into his car and ran a red light.

Police then pulled him over and searched his car, where they found the narcotics.

He was held without bail.

O'Neal has a history of drug-related charges.

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"Omg, I'm so embarrassed, paparazzi just blinded me with flashes again, as I was walking into dinner. They pushed me and I tripped :(" @lindsaylohan



Pain can be a gift just not yet revealed. It all depends on how you choose to react to it. Remember it is happening for you, not to you! @mrskutcher



@DonaldGlover

"My twitter musicle has atrophied."



@SethMacFarlane

All the auto-tune in the world still doesn't sound as cool as talking into a desk fan.

3 life

Becks and H&M team up

David Beckham is getting a new set of teammates through a long-term partnership with H&M. The Swedish chain says the long-term alliance will allow the British athlete to produce and exclusively sell his bodywear line in some 1,800 stores and in about 40 countries worldwide. New products will be introduced seasonally, with the initial line slated to launch Feb. 2, 2012 before Valentine's Day. Fashion is all in the family for the soccer hero. The L.A. Galaxy star's wife, former Spice Girl Victoria Beckham, heads up her own line of dresses, denim, eyewear and accessories.

THE CANADIAN PRESS



Grace Coddington's story from the front row of fashion will be told in a memoir

It's summer outside, but it's fall in the mall

► How to sport a style that reflects the very best of both seasons ► Lightweight layers are key

Officially, summer has weeks left on the calendar, but retailers have begun the transition from lightweight and lighthearted vacation clothes to the more dressed-up, sophisticated styles that come with fall fashion.

The tricky part, they say, is that while it's good to infuse the excitement of a new season into stores, shoppers can be so enthusiastic about their new purchases they want to be able to wear them right away.



JC PENNEY

That can be a problem when traditional fall looks — think sweaters, long trousers and outerwear — might not be suited to the dog days of August.

The solution? Lightweight layers in a deeper, more autumnal colour palette.

"The consumer in general is forward looking but wants instant gratification," says Barclay Resler, vice-president and head of visual management for Esprit.

You can do that with a pretty chiffon blouse, he suggests, or a



KOHL'S

short-sleeve knit dress, maybe with some buckle detail at the waist.

Lisa Axelson, head designer of Ann Taylor, has already worn her sleeveless trench — with a silk blouse and cropped black pants — but it'll go with flannel trousers and long gloves later. It is "the perfect wear-now-and-layer-later piece," she says.

Fabric choices are very important, says Banana Republic creative director Simon Kneen, a fan of tropical-weight wool. "It's designed for tropics. It's airy, and the weave is more open, but it will look refined. It has a hand touch that drier and cooler, but you can have it in a dress,



ANN TAYLOR



THE CHILDREN'S PLACE

trouser, skirt, jacket — and those are the foundations of your fall closet."

Lightweight chambray denim serves the same purpose for more casual pieces.

Navy is a favourite transitional colour for Resler because it plays crisp and clean against white pants, but more luxurious with



KOHL'S

high-waisted trousers in grey, camel or brown. A ruffled, navy-and-white dot blouse in stores now has it all, he says, a cheerful vibe to finish out the summer, but ladylike enough to carry through the year.

Warm shades of orange, amber and green are trends at Kohl's for fall, but they're not dark colours, either, so they fit into a variety of weather landscapes, says David Hacker, vice-president of trend and colour.

Kneen says Banana Republic — and he imagines other retailers, too — has learned to work in the mindset of many mini-fashion seasons filled with versatile pieces instead of sweeping in with major

"The consumer in general is forward looking but wants instant gratification."

BARCLAY RESLER
VICE-PRESIDENT OF ESPRIT

changes twice a year.

As a children's retailer, The Children's Place switched to its back-to-school merchandise in the middle of July to capitalize on the shopping-spree days before kids go back to class.

However, says Michael Giannelli, senior vice-president of design, all he needs to do is walk outside to be reminded that "fall is really a summer delivery."



JC PENNEY

THE ASSOCIATED PRESS

Gimme, gimme Moore

► Style-savvy actress is the new face of Anne Taylor

As a young teenager, before the fame, kids, paparazzi and front-row seats at fashion shows, Demi Moore regularly passed an Ann Taylor store at a local mall, taking note of the clothes.

In the years since, she's been a red-carpet rebel,

jeans-wearing mom, bikini globe trotter and Versace model. Now her style evolution has come full circle, and Moore is the star of the Ann Taylor fall ad campaign.

She is the latest Hollywood connection for a company that previously

tapped Katie Holmes and Naomi Watts to court its shoppers.

"I feel like I've known Ann Taylor since I was a kid. I've watched the clothes move into support for the working woman," said Moore, 48, during a break at a recent photo



► Demi Moore in Ann Taylor's fall ad campaign.

shoot in L.A. "It used to be a lot of suiting. I've seen as we've changed, that they've changed, reflecting on how we live as modern

women, which is wearing things that take us from day to night, from workout to work to weekend."

THE ASSOCIATED PRESS

ANN TAYLOR/AP PHOTO

Cook up a new kitchen

- Not just for dining and entertaining, this room is the heart of any home
- Short on cash? Concentrate on improvements that are visual and easily changed

DESIGN CENTRE



KARL LOHNES
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METRONEWS.CA

Q: I have just moved into a condo that is 12 years

old. I'd like to update the kitchen and am on a tight budget.

- Samantha, Halifax

Updating a tired kitchen is not only a great way to modernize your home (especially in an open-concept space) but to add re-sale value to your investment.

I usually recommend a full re-do about every 10 to 15 years for a kitchen.

Once one thing starts to break down or look outdated usually everything else follows within a few years.

These ideas should allow your kitchen to feel modernized for another five years or so.

Countertops: Replacing the countertops will help update the old kitchen cupboards and change the



► ATTEST knobs from Ikea



► ENA 9 One Touch

overall feel of the kitchen.

Look for a trend-setting counter to add a modern look to the room.

Consider non-shiny matte finishes and oiled soapstone for a dramatic look (blends nicely with appliances) or carrara marble for a lighter look — the carrara is great if your kitchen has white appliances.

Check wilsonart.com for fashionable laminate countertop options.

Hardware: Old colonial-



► Keep in mind that most condo buildings have strict renovation rules even for cosmetic changes like tiles, flooring and countertops.

styled brass hardware will instantly outdate your kitchen cupboards.

I suggest replacing them with knobs or pulls with a sleek design in a sliver metal finish to update the kitchen.

My favourite are the ATTEST Knob from Ikea, which are excellent value at \$7.99 for a two-pack!

A few stainless countertop appliances: If major stainless steel appliances are not in

your budget, invest in a few useful countertop appliances to help offer an updated look to the kitchen.

Depending on the size of your kitchen, a new coffee machine, blender and toaster will add sparkle and modernization.

My dream machine these days is the high-end ENA 9 espresso maker by Jura. It will definitely give a luxurious look to any kitchen.

Focal wall and backsplash: Consider applying peel-and-stick vinyl tiles onto the walls rather than floors.

They are waterproof and extremely durable and inexpensive way to add pizzazz to boring walls or backsplash.

Vinyl tiles usually come in 12-by-12 inches and are easily cut and applied. At \$1 to \$4 per square foot, they are a great way to change an outdated backsplash.

Shine a little light

Under cabinet lighting will instantly give your updated kitchen a designer look.

- Easy, plug-in lighting kits are available at most home improvement retailers.
- Screw a string of lights under the upper cabinet and plug it in — your counters will glow with style.

Choose a colour/style of tile that blends well with the cupboards.

Classic travertine or sandstone looks will keep guests assuming that you have the real thing on the walls.

This idea equally looks great on a blank galley wall in a kitchen or bathroom.

Home Depot's assorted Tarkett vinyl tiles offer textured vinyl tiles that look just like real stone.

GOT A DECOR QUESTION FOR KARL? SEND YOUR QUESTION TO: LIFE@METRONEWS.CA. DON'T FORGET TO INCLUDE YOUR NAME AND TOWN/CITY, AND ANY PHOTOGRAPHS. WE REGRET THAT KARL CANNOT ANSWER ALL QUESTIONS SUBMITTED.

Impress your ma in-law

- Home improvements she actually will notice
- Create a more elegant and welcoming house

DIY IDEAS

They say "mothers know best" but this goes beyond just maternal wisdom and into the basics of how to manage a home. When preparing for a visit, add these items to impress the one person with often the most discerning eye.

Framed family photos
Whether preparing for

guests or decorating a home, it's important to remember that a home is not a hotel — it needs to be personal. When entertaining, serving you-know-who's favourite dish or having a photo of her placed in a room can often do more than any other preparation.

The well-dressed window
Both interior designers and seasoned homeowners know, the well-dressed window goes a long way to

wards making a room look truly finished. To get the mother-in-law to say "wow," try Hunter Douglas Pirouette window shadings for a beautiful new option in light control. This window treatment features soft horizontal fabric vanes attached to a single sheer backing.

Forget about flat screens, update kitchen appliances
While many men can determine the size of a flat screen by a quick glance,



► Small homey touches make your home feel personal.

when it comes to most women, they will often eye the brand of an oven before determining if a TV is HD. If you can make more major updates, try an item

that is sure to be noticed such as a Sub-Zero refrigerator or a new Viking, Wolf or gourmet La Cornue range.

NEWS CANADA

CHARLES THE BUTLER



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Question: Hi! I read your advice about cleaning with a solution of 50/50 water to white vinegar. Is this correct? That seems to be a lot of vinegar. Edda Loomes

Answer: Dear Ms. Loomes, The solution of 50/50 for water to white vinegar is a very good Multi-purpose cleaner. It may sound like a lot of vinegar, but this is the correct formula.

GOT A QUESTION? EMAIL CHARLES.THEBUTLER@METRONEWS.COM

Weekly Cookbook



Especially during the summer, you want to enjoy life's sweeter side without tipping the scales. That's where *Sweet & Skinny* by Marisa Churchill (Clarkson Potter, 2011) comes in.

In her debut book, Churchill, a pastry chef, presents 100 low-fat recipes (including 25 sugar-free variations).

Among the recipes are: Red Velvet Cupcakes, Boston Cream Pie, Coconut Cake, Chocolate Peanut Butter Cups, Pecan Sticky-Bun Coffee Cake and many others.

Bring on the healthy fat

► Salmon's unsaturated fats are key to its moist texture ► Team it with a mushroom hash



MATTHEW MEAD/ THE ASSOCIATED PRESS

Start to finish:
30 mins.
Servings:
4

► The earthy flavour of the shiitake mushrooms with shredded potato complements the fish.

Though relatively high in fat, salmon is a great choice for a healthy diet.

That's because salmon's fats fall mostly in the good-for-your-heart unsaturated category. Which is a happy coincidence, because that

fat happens to be key to salmon's moist texture and rich, indulgent flavour. The oils also make it hard to overcook.

So for a simple and healthy summer dinner, we've paired salmon with

a mushroom hash. The earthy flavour of shiitake mushrooms mixed with shredded potatoes complements the rich fish. And a touch of soy sauce lends a pleasantly salty touch to cut through the oil.

Salmon with Shiitake Mushrooms

Preparation:

1 In large sauté pan over high, heat 15 ml (1 tbsp) of the olive oil. Add mushrooms and sauté until well-browned, about 10 minutes. Lower heat to medium-high, then add the shallots and onion. Sauté for 6 to 8 minutes, or until the onion becomes soft. Add the potatoes and continue to cook until the potatoes are tender and beginning to brown. Season with the soy sauce and black pepper.

2 In another large sauté pan over medium-high, heat the remaining tablespoon of olive oil. Cook salmon fillets for 5

Ingredients:

- 30 ml (2 tbsp) olive oil, divided
- 175 grams (6 oz) shiitake mushrooms, stemmed and sliced
- 2 shallots, chopped
- 1 small red onion, chopped
- 2 small red potatoes, grated
- 30 ml (2 tbsp) low-sodium soy sauce
- Ground black pepper, to taste
- Four 125-gram (4-oz) salmon fillets
- 1 scallion, thinly sliced

minutes per side, or to desired doneness. Serve each piece of salmon with the shiitake hash. Top everything with a sprinkling of scallions.

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A fresh berry taste

THE CANADIAN PRESS/ FOODLAND ONTARIO



► This recipe makes four servings.

Fresh peas in this salad are combined with wheat berries. These 'softened wheat kernels' are a tasty and economical change from rice or pasta.

Preparation:

1 In a large saucepan, bring wheat berries and

at least 2 l (8 cups) water to a boil; reduce heat and simmer, covered, for 1 1/2 hours or until tender. Add peas; simmer for 2 minutes. Drain and rinse well in colander. Set aside in colander to continue to drain.

Ingredients:

- 250 ml (1 cup) wheat berries, rinsed
- 250 ml (1 cup) peas
- 250 g (8 oz) slab bacon, about 2.5 cm (1 inch) thick

- 45 ml (3 tbsp) lemon juice
- 15 ml (1 tbsp) honey
- 0.5 ml (1/8 tsp) hot pepper flakes
- 125 ml (1/2 cup) chopped red onion
- (1/2 cup) chopped fresh

2 Meanwhile, cut bacon into bite-size pieces. Cook in a skillet over medium-low heat until lightly crisped; drain on paper towel-lined plate. Keep warm.

3 In a large bowl, whisk together lemon juice, honey and hot pepper flakes. Add drained wheat berry mixture, onion and coriander; toss well. Season with salt and pepper. (Salad can be prepared up to 24 hours ahead; cover and refrigerate. Serve at room temperature.)

4 Line 4 dinner plates with arugula. Top with wheat berry mixture and warm bacon pieces. Garnish with tomato halves and, if desired, fresh mint leaves. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

- coriander
- Salt and pepper, to taste
- 1.5 l (6 cups) arugula
- 500 ml (2 cups or 1 pint) cherry tomatoes, halved
- mint leaves (optional)

Canadian aids NFL teammate who had seizure

Canadian rookie lineman Danny Watkins put his first-aid skills to good use yesterday when a Philadelphia Eagles teammate suffered a seizure at training camp.

Watkins, a trained firefighter from Kelowna, B.C., provided assistance when defensive tackle Mike Patterson dropped to the ground at morning practice and started violently shaking. Patterson was also tended to by team trainer Rick Burkholder and his staff before being transported to Lehigh Valley Hospital.

The six-foot-one, 300-pound player is stable and was scheduled to undergo further tests, Burkholder said.

Patterson, 28, was the Eagles' first-round pick out of USC in 2005. He's started 84 games and played in 95, the most of anybody on the current roster.

Watkins, 26, has played just four years of competitive football.

He took up the sport while studying firefighting science at Butte Community College in Northern California in 2007.

"You never want to see a player go down like that," Watkins said.

"The staff said he's going to be fine. Hopes and prayers are going to be with him tonight."

Patterson's agent JR Rickett said in a statement that the player is "in no pain and doing well."

THE ASSOCIATED PRESS



► Jaden Schwartz kisses his sister's urn during a funeral for Mandi Schwartz in Wilcox, Sask., on April 8, 2011.

Sister's death shapes young hockey player

► Jaden Schwartz works through grief of losing sibling to cancer while he attends the Canadian junior team's summer camp in Edmonton

Jaden Schwartz views the world through a different lens than many other hockey players his age.

In conversation, Schwartz seems older than his 19 years. Watching his sister Mandi succumb to cancer earlier this year changed his perspective on his life.

Hockey is important to him, as it was to Mandi. Schwartz fractured his ankle in the second game of world junior hockey championship in Buffalo, N.Y., this year and watched from

the sidelines as the Canadian team collapsed in the third period of the gold-medal game and lost to Russia.

That stung, but Mandi was fighting for her life at home in Wilcox, Sask., while he was at the tournament.

"Obviously me getting hurt, that's nothing compared to what she went through," Schwartz said. "Obviously the loss is tough for everybody and it's a learning experience, but when you see Mandi go

through that, it puts things in perspective and you know what's most important in life.

"It really changes you in a different way."

Mandi, who played for the Yale Bulldogs women's hockey team, died April 3 of leukemia at the age of 23. Schwartz, brother Rylan — a teammate at Colorado College — and parents Rick and Carol are working through their grief this summer.

"It's obviously been tough," Schwartz said.

"Without family and friends, I don't know if it's possible to get through something like that. I can't even start to explain how much it means to us."

"Mandi helped us a lot too, knowing how strong she was and how she supported us. I know she wouldn't want us to be sad all the time and down. She'd want us to keep on trucking. Her favourite motto was 'struggle and emerge' and that's what we're trying to do."

THE CANADIAN PRESS

4
sports

Quoted



"Clearly I think it's a bit unfortunate for Canada to have two big events like this at the very same time. But I guess it's sometimes what it is."

ROGER FEDERER, WHO IS NOT A FAN OF THE ROGERS CUP'S NEW FORMAT THAT WILL SEE TORONTO AND MONTREAL EACH HOSTING TOURNAMENTS AT THE SAME TIME INSTEAD OF OVER BACK-TO-BACK WEEKS. IT'S PART OF A WTA TOUR AND ATP TOUR INITIATIVE FOR A HANDFUL OF TOURNAMENTS THIS SEASON, WHERE MEN'S AND WOMEN'S DRAWS WILL BE COMBINED INTO ONE EVENT.

Illegal poker probe for A-Rod

Major League Baseball plans to interview Alex Rodriguez as it investigates allegations the New York Yankees star took part in illegal celebrity poker games.

MLB said in a statement yesterday: "We take this very seriously and have been investigating this matter since the initial al-

legation. As part of the investigation, the commissioner's office will interview Mr. Rodriguez."

Star Magazine reported last month that several people saw A-Rod playing at one of the games hosted at Hollywood hotels and private residences; his spokesman denied then that he participated.

MLB said then that the report was the first the commissioner's office had heard about the accusation and baseball officials would look into the matter.

A spokesman for the Yankees declined comment when asked about Rodriguez.

THE ASSOCIATED PRESS

News in brief

Lions swing deal for Bruce

CFL. The B.C. Lions are gambling veteran receiver Arland Bruce will give them a spark to help the struggling team turn its season around.

B.C. obtained Bruce from the Hamilton Tiger

Cats yesterday in a trade for a third-round draft pick in 2012 and an additional conditional selection.

The Lions, the CFL's only winless team at 0-5, are hoping Bruce brings some veteran experience to a young receiving corps that has dropped passes at critical times.

Bruce is expected to play slotback along with Geroy Simon.

THE CANADIAN PRESS

Trying to keep the Tribe alive

JIM ROGASH/GETTY IMAGES



► Pitcher Ubaldo Jimenez stretches with his Cleveland teammates for the first time before a game at Fenway Park last night.

► Cleveland counting on Jimenez to give them final push to post-season ► Indians trail Tigers in AL Central

The Cleveland Indians gave Ubaldo Jimenez a few days to pack his bags and gather his thoughts after acquiring him from the Colorado Rockies at the trading deadline.

They're hoping he arrived in time to revive their chances of winning the AL Central.

Jimenez joined the Indians in Boston yesterday, four days after they sent four prospects to the Rockies for the 2010 all-star who threw a no-hitter en route to a 19-8 record last year. He is scheduled to start for Cleveland against Texas tomorrow.

"At first, I was a little surprised," Jimenez said before Cleveland's game against the Red Sox last night. "I heard so many rumours the last two weeks. I didn't know where I was going to end up ... When I heard I

was going to the Indians, I got really excited — especially the way they've been playing."

Jimenez started this season 1-7 — he pulled a groin in spring training, he said — and spent time on the disabled list in April because of a cut on his right thumb. Jimenez was 6-9 with a 4.46 earned-run average for Colorado this year, but had won five of seven decisions before being sent to the mound on Saturday even though he knew he was going to be traded.

He was pulled after one inning, allowing four runs.

"It was stressful. That was the first time I had ever been in that situation," Jimenez said. "As a player, you want to keep doing what you need to do. When I got to the mound, I was trying to stay focused. But it's not easy. My mind was

not on the game."

The Indians are a surprise contender this year, spending most of the first half of the season in first place in the division. But they lost nine of their last 13 games to fall to one game above .500 entering play last night, trailing the Detroit Tigers by a season-high three games.

Manager Manny Acta said he was encouraged that general manager Chris Antonetti is going for it this year — not just by getting Jimenez, but also going after outfielder Carlos Beltran, who landed with the San Francisco Giants.

"Him and the best position player that was available, we went after both of them," Acta said. "Unfortunately, we couldn't get the best position player, but we got the best pitcher."

THE ASSOCIATED PRESS

JIM ROGASH/GETTY IMAGES



► Boston outfielder Josh Reddick reaches for a home run hit by Cleveland's Jason Kipnis last night.

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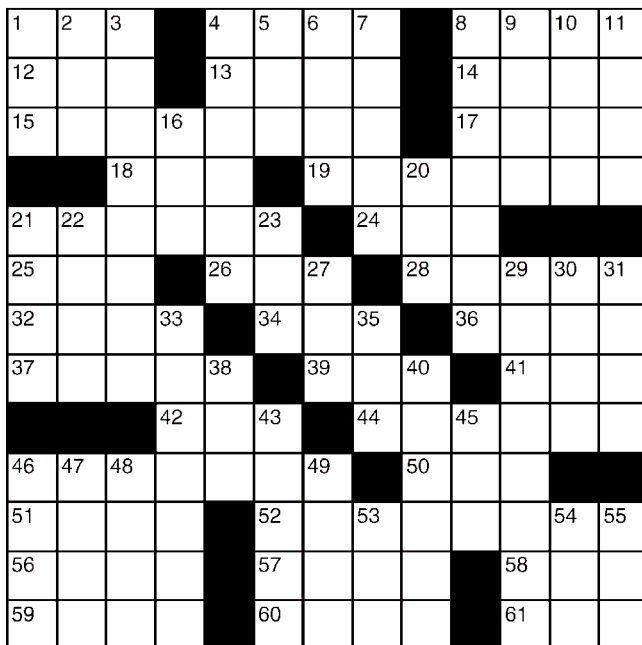
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Crossword

Across

- 1 Six-pack muscles
4 "Huh?"
8 Slender
12 Speck
13 Ginormous
14 Last few notes
15 Good poker hand
17 Stead
18 Possess
19 Weapon collection
21 San Fernando, for one
24 Melody
25 Have a bug
26 Witnessed
28 Stickum
32 March 15, e.g.
34 Central
36 Bring to a halt
37 Bold
39 Roscoe
41 Regret
42 Conger, e.g.
44 Coy
46 Puts in the wrong place
50 Tatter
51 Help slyly
52 Vigor
56 Paddock papa
57 "My bad"
58 Writer Buscaglia
59 Despot
60 Dalai —
61 Tackle's teammate
Down
1 Billboards
2 Automaton, for short
3 Modern-day pram
4 Complains feebly
5 Embrace
6 Ottoman bigwig
7 Aquarium fish
8 Eyeball coats
9 Pork cut
10 Concept
11 Manhandle
16 Piercing tool
20 Taste
21 Futile
22 Staffer
23 Sweet potato kin
27 Peruke
29 Fight
30 Go sightseeing
31 Duel tool
33 Less corpulent
35 Old man

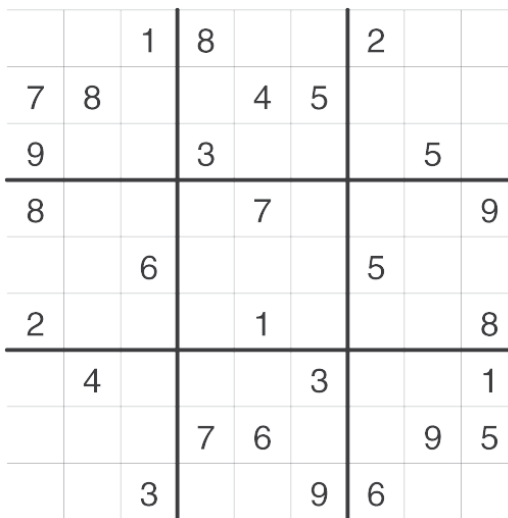


- 7 Aquarium fish
8 Eyeball coats
9 Pork cut
10 Concept
11 Manhandle
16 Piercing tool
20 Taste
21 Futile
22 Staffer
23 Sweet potato kin
27 Peruke
29 Fight
30 Go sightseeing
31 Duel tool
33 Less corpulent
35 Old man
38 Verily
40 Singer Brewer
43 Disinfectant brand
45 Chap
46 Spar
47 Wading bird
48 Antitoxins
49 Old portico
53 Spinning stat
54 Coffee break hour
55 Scuttle

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	7	4	2	8	3	6	1
2	1	8	3	7	6	9	4	5
3	4	6	1	5	9	8	2	7
8	7	3	9	6	2	1	5	4
4	5	1	7	8	3	6	9	2
9	6	2	5	4	1	7	3	8
7	2	9	8	3	4	5	1	6
6	3	5	2	1	7	4	8	9
1	8	4	6	9	5	2	7	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lu, I miss you. I love you. You're never far from my heart or my thoughts. Pleases come home. I'll be waiting. **NA**

Lucky Lukey, I admire your optimism, your strength, your brilliance, and beauty. You have been there for me through crazy times, and with you I feel I can conquer anything. To my partner in crime, my best friend, my lover, my adventurer, I hope to give you all you have given me in the years to come. **DAZED**

Bubble in a soda pop, I am thankful everyday to have you in my life and even though it's only been 6 months I can say you're absolutely the only one for me, my best friend, my lover and my soulmate! You are my rock and cause of you I'm a better person. **LOVE BUG**

Today's horoscope

♈ Aries March 21-April 20

Someone in a position of power will say nice things about you. His or her flattery has other motives.

♉ Taurus April 21-May 21 Don't let a rival drive a wedge between you and someone you love.

♊ Gemini May 22-June 21 If someone tries to take liberties, you must deal with him or her harshly. Tread on toes if you must.

♋ Cancer June 22-July 22 If you let something that seems trivial pass today, others will take it as a sign you can be bullied.

♌ Leo July 23-Aug. 23

Do what you can to please a person whose support you rely on but don't go to extremes or make empty promises.

♍ Virgo Aug. 24-Sept. 22 Others will respect you more today if you say what you mean and mean what you say.

♎ Libra Sept. 23-Oct. 23 Stop worrying that not all your plans have worked out as expected.

♏ Scorpio Oct. 24-Nov. 22 The more others appeal to your sense of duty, the more you should be suspicious of their motives.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Don't trust what you are told just because the person doing the telling is some sort of expert.

♑ Capricorn Dec. 22-Jan. 20 The only way out of your predicament is to face your unhappiness.

♒ Aquarius Jan. 21-Feb. 18

Family members need to be reminded that you care about their wellbeing. Spend time with them.

♓ Pisces Feb. 19-March 20. If someone at work acts out of character, think about it and ask how you can help. **SALLY BROMPTON**

Caption contest



"5, 6, 7, 8, turn, and jazz hands!"
JASON



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Analyst



EMPLOYEE PRICING

SHARE OUR PRIDE SHARE OUR PRICE[^]

WITH UP TO
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IN PRICE ADJUSTMENTS
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2011 F-150 SUPERCAB XLT

BEST IN CLASS FUEL ECONOMY^{NON-HYBRID MODELS**}

Employee Price Adjustment.....\$3,621
Delivery Allowance.....\$6,000

Total Eligible Price Adjustment...\$9,621

Share our Employee Price

\$25,358*

Offer excludes taxes



Supercrew Platinum model shown



8.9L/100km 32MPG HWY**
12.8L/100km 22MPG CITY**

4 ALL-NEW ENGINES

• BEST IN CLASS TORQUE[^] • BEST IN CLASS PAYLOAD[^]
• BEST IN CLASS TOWING[^] • BEST IN CLASS FUEL ECONOMY (NON-HYBRID MODELS)**



2011 RANGER SUPERCAB SPORT

DELIVERS AN IMPRESSIVE 29 MPG**

Employee Price Adjustment.....\$1,600
Delivery Allowance.....\$5,000

Total Eligible Price Adjustment...\$6,600

Share our Employee Price

\$14,879*

Offer excludes taxes



2011 ESCAPE XLT AUTO

CANADA'S BEST SELLING COMPACT SUV**

Employee Price Adjustment.....\$1,891
Delivery Allowance.....\$3,000

Total Eligible Price Adjustment...\$4,891

Share our Employee Price

\$22,288*

Offer excludes taxes



2011 EDGE SEL

BEST NEW SUV/CUV[^] \$35,000-\$50,000

Employee Price Adjustment.....\$2,720
Delivery Allowance.....\$1,500

Total Eligible Price Adjustment...\$4,220

Share our Employee Price

\$31,359*

Offer excludes taxes



9.8L/100km 29MPG HWY**
13.5L/100km 21MPG CITY**

7.1L/100km 40MPG HWY**
10.0L/100km 28MPG CITY**

7.4L/100km 38MPG HWY**
11.2L/100km 25MPG CITY**



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